

Watch Your Steps

Follow the instructions to complete the activity.

NAME

DATE

Place the steps needed to perform Tense and Release in order by numbering the boxes beside the statements.

Squeeze the muscles in your feet as tightly as you can. Make sure to curl your toes so that they are squeezed as well.

Continue to work your way up your body. Tense and relax your legs, stomach, chest, arms, and neck, one at a time. As you squeeze each body part, think about how it feels.

Lie down in a comfortable spot. Close your eyes. Take a few deep breaths.

When you have squeezed all your body parts, take a finishing breath. Then, open your eyes. Give yourself time to feel the space around you.

After a few seconds, release all of the muscles you have tensed. Let your feet relax.

